

TALKING TO YOUR CHILD ABOUT ADHD



CONTACT

E-MAIL: BRITTANY@DISCOVERINGMEANDADHD.COM

WEBSITE: DISCOVERINGMEANDADHD.COM

INSTAGRAM: [@DISCOVERINGMEANDADHD](https://www.instagram.com/DISCOVERINGMEANDADHD)

THE 4 PHILOSOPHIES

Engaging and speaking with your child is key to empowering them

Validate

Validate your child's experiences, challenges and feelings

- Share your own experience
- Assure them their feelings are valid
- Explain to them their brain differences
- Find ways to connect them with the ADHD community

Include

Include them in the conversation

- Inform them about changes
- Ask them their experience
- Ask them to share their ideas
- Listen to their perspective

Support

Support them in their own personal journey

- Support them where they are
- Help them find the tools they need
- Model a growth mindset
- Support them in trying their own strategies

Empower

Empower them to be their own detective and find their own strengths

- Allow them to use trial and error
- Remind them they have the power
- Ask them to apply their strengths
- Avoid toxic positivity



Contact

Email: brittany@discoveringmeandadhd.com


Website: Discoveringmeandadhd.com

Instagram: [@discoveringmeandadhd](https://www.instagram.com/discoveringmeandadhd)


QUESTIONS

To start the conversation

HERE ARE SOME QUESTIONS TO ASK YOUR CHILD TO START INCLUDING THEM IN THE CONVERSATION



WHAT DO YOU WISH I UNDERSTOOD BETTER ABOUT ADHD?




WHAT DO YOU WISH YOUR FRIENDS AND TEACHERS UNDERSTOOD MORE ABOUT YOU?




WHAT DO I DO THAT YOU FIND HELPFUL?


IF YOU HAD TO EXPLAIN ADHD TO SOMEONE HOW WOULD YOU?



WHAT IS SOMETHING THAT SEEMS TO BE REALLY EASY FOR THE PEOPLE AROUND YOU THAT YOU FIND REALLY CHALLENGING?



WHAT DO YOU WISH YOU KNEW MORE ABOUT ADHD?



EMAIL

brittany@discoveringmeandadhd.com

WEB

Discoveringmeandadhd.com

INSTAGRAM

[@discoveringmeandadhd](https://www.instagram.com/discoveringmeandadhd)